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A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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CORNESTOGH COLLEGE, KITCHENP - MT

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44TH YEAR - NO. 12

Cliffy getting a muscular makeover



PHOTO BY BRIAN COUGHLIN

Cliffy, Cornetogh's longtime mascot, is receiving a makeover from Cornetogh Students Inc., a new board of directors in an effort to improve school spirit.

BY BRIAN COUGHLIN

It's more than similar to only a few — with half iron balls over heavy eyes and outstretched like those behind a diving in the back — but Cliffy, Cornetogh College's neglected mascot, is getting a makeover.

"Cliffy hasn't been revamped in 20 years, so we thought it was time to update him," said Chris Byrne, president of Cornetogh Students Inc. (CSI). "He's going to have a great makeover and it may take a bit to begin and build."

The students' board is just one of a number of initiatives to improve school spirit proposed by CSI's new board of directors.

While Cliffy has been seen with one mascot during Orientation and Kickapoo Week, and going out free hugs on Blue 2013, a day promoting mental health awareness, students expect to see him more often than this.

"We're not currently used to anything sports related," Byrne said. "Cliffy, hopefully the makeover will help with more people wanting to utilize him and show the spirit of the school during events."

Unlike universities which have mascot grids and a lot of campus tradition and events, CSI finds it hard to make it to the community college's widespread during events.

"We have a lot of different people in a lot of different stages of life, so it's hard to try and accommodate [every one] and find events — that every single person is interested in," Byrne said.

The new CSI team, which takes office May 1, hopes to increase school spirit in a number of ways, including focusing on sporting events and building an event that promotes school spirit.

They also hope to better utilize the student services to bring students from separate campuses together, plan events with campuses outside CSI and hold a year-end event.

"They really just want to enhance the pride on the school," Byrne said, whose last day as president is April 30.

Build in the design plan, the maker's secondary changes and relationships in our hearts have completely worked out yet, but students should keep their eyes peeled next year for the new and improved Cliffy.

College celebrates co-ops

BY SYLVIA BORDEN

Co-op students across the country were celebrated and celebrated for their achievements during National Co-op Week which swept across the nation.

This week, which was held March 18-20, was a way for the Co-operators Association for Co-operators Education (CAPEC) to increase the awareness of the benefits of co-op programs by honoring over 80,000 current co-op students across the country. The week featured press releases and information booths where students could learn what co-op is all about.

"Students get to address the misconception of getting the experience as well as the education that will give them more options to pursue their specific careers," said Christine Amersbach, CAPEC president. "As well students with this type of experience can receive higher pay upon graduation, and the co-op itself can help the student find their education."

Students aren't the only

beneficiaries of co-op though, and employers should be just as aware of the good that co-op can do for them, giving co-op students great employment a chance to fill temporary spots in their company while reducing recruitment costs as well as giving them the chance to train enthusiastic future workers.

"The employers it's also a really awesome way to assess the talent pool for your firm," Amersbach said. "It's really a win-win situation for both parties."

CAPEC, which is celebrating its 50th anniversary, encouraged students to participate in spreading awareness with a series of social media contests and challenges that students could access through their cooperator network.

Each day, students could enter new contests by completing tasks on Twitter, LinkedIn, Facebook and Instagram. The challenges ranged from simply retweeting something, to answering a trivia question or to even taking a photo of themselves holding an "I LOVE CO-OP"

sign and posting it to their Instagram account.

Great challenges completed gave students another entry into the draw and a further chance to win prizes such as \$100 future Co-op gift cards. As well as the contests and prizes set up by CAPEC, many schools took it upon themselves to add their own prizes and incentives to celebrate National Co-op Week — Cornetogh College being one of those.

Cornetogh hosted a contest through the Co-op and Career Bureau. Facebook says that encouraged students to share their co-op stories and opportunities for a chance to win daily prizes. As well a persons stand and information booth were set up in the upper section of the Deen campus on March 18 and 19.

"It's nice to stop and celebrate what co-op is all about," Amersbach said. "We've used National Co-op Week and our social media network to help students feel proud of their program and for employers to feel proud of their co-op students."



PHOTO BY SYLVIA BORDEN

Amersbach, Co-op Services and advising students, helped plan National Co-op Week activities, which included an information booth and first person gallery March 20 at the Deen campus.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could go back to any point in history, where would you go and why?



"I would go back to Jane Austen times (1800s) just to have fun and wear dresses."

Roseanne Colvin,
1994 grad
front office administrator

"I would go back to the 1970s because of all the cool clothes and the music."

Sarah Greenman,
2002 grad
early childhood educator



"I would go back to the 1950s because of the music, love it."

Marika Gilling,
current year
early childhood educator



"I would go back to the 1970s so I could wear bell bottoms."

Rosanne Macdonald,
1994 grad
occupational therapist assistant/
physiotherapist assistant



"I would go back to the Jurassic Period because it's more fun and you didn't have to travel by water because all of the continents were together. And I like dinosaurs. I would have a pet dinosaur."

Erin Rous,
1994 grad
occupational therapist assistant/
physiotherapist assistant



"I would go back to the 1960s so I could see how they liked to spend their time without any communication and their job/education methods. And I'd like to know how they got their information and news."

Abigail Patel,
1st year
occupational therapist assistant/
physiotherapist assistant



Skillz Manifesto showcases students' work

BY CALVIN WILLIAMS

In the school year made short, students from Conestoga College's design foundations program are putting the final touches on their work as they get ready to showcase some of their best pieces at this year's Skills Manifesto.

On April 4, students will display their work at the Waterloo Region Museum, where there will be 40 pieces available for live viewing, and an art show consisting of at least three pieces per student.

"I'm excited about being invited to this event, because it is completely student-run," said design foundations student, Tessa Hargett. "As a new year certificate portfolio and skills building program, Hargett added that "the event is great for students to get experience and get motivated."

Displayed will be a wide range of artistic designs, including 2D and 3D pieces,



PHOTO BY CALVIN WILLIAMS

along Hargett of Conestoga's design foundations program, stands in front of Skills Manifesto signs which were created by students throughout the year."

as well as abstract designs and paintings, while the students will consist of kinetic sculptures.

"The focus is really on the students," said Rosanne Macdonald, coordinator of design foundations at the college. "This event gives them the opportunity to showcase their talent and achievements

throughout the year."

Preview and registration for the fourth annual Skills Manifesto begins at 6 p.m.

and the auction and cash bar runs from 7 p.m. to 9 p.m.

To purchase tickets, call 519-748-0200, ext. 2402 or 2407. Tickets are \$10 and are available by cash only through design foundations.

COUNSELLOR'S CORNER:

Stress and Stress Management

Part 2: Coping with Stress



In part 1, we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

- A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.

If you failed the first test of a course, decide what you can do to increase your chance of success next time.

- What can you change? Can you avoid or eliminate the stressors? Are you working too many hours? Is this interfering with your educational goals?

- Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?

The presentation is only 5 minutes in length and worth 5% of your grade.

- Can you take better care of yourself, building your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health. *Get one cup of coffee from your morning routine.*

Having mutually-supportive friendships, setting realistic rather than perfectionistic goals and being good to yourself, all contribute to managing stress.

For further assistance, talk to a counsellor in Counselling Services

Conestoga holds first stem cell clinic

BY STEVE JOHNSON

Thirty-three people signed up to be potential stem cell donors at a clinic held at Conestoga College March 18, drawing visitors a several miles out of town.

According to conestoga.ca, stem cells can be taken from either blood or bone marrow, and donated to sick patients, treating a myriad of potentially life-threatening diseases.

Ryan Connell, student life programmer, joined, Canadian Blood Services OneMatch Stem Cell and Marrow Network, along with its co-ordinator Shari Cairns, over the campus to register potential new stem cell donors.

Stem cells can help people suffering from over 30 diseases including leukemia, lymphoma and blood clotting disorders.

Building a database of college-age volunteers because OneMatch is on a mission to find donors between the ages of 17 and 30.

"There is a special need to register 17 to 30-year-olds in the OneMatch registra-



Carly Richmond, a first year health student, waits for blood after registering to be a potential stem cell donor.

try," Cairns said. "As such, OneMatch is focused on recruiting at high schools, colleges and universities. To better serve our patients, OneMatch is also hoping to register more

males from diverse cultures including the Aboriginal and black communities. Our registry is currently made up of 35 per cent Caucasians, but that does not reflect the face

of Canada."

Stem cells can be donated in two methods: by withdrawing blood or bone marrow. According to the OneMatch website, stem transplants, or the blood method is performed either the donor has undergone at least four days of granulocyte colony stimulating factor injections. The injections help increase the number of stem cells found in the blood. After the donor is connected to a machine, blood is drawn from the body over a period of a couple of hours. It then passes through a centrifuge where stem cells are collected and the blood, along with the rest of the components, is then filtered back to the donor.

Bone marrow donation is achieved by the donor giving one pint or two ounces of blood and a sample being inserted into the hip bone where a syringe of 1,000 millilitres is withdrawn. The donor can expect to experience some mild back pain for a few days after. Bone marrow taken roughly three weeks to replace, itself, according to Cairns.

She said that after stem cells have been collected, they can

be used to successfully grow a new person's fighting disease against their disease.

"For the patient, transplanted stem cells from a healthy donor is similar to replacing their immune system so their body will be able to fight off infection," she said. "Many patients consider their stem cell transplant day their 'new birthday' since they literally have a second chance at life."

In 2011/2012, over 500 stem cell collections were completed in Canada. OneMatch hopes to continue the momentum in 2013. However, it's very difficult to find a match for every patient. OneMatch statistics show that the average registered donor waits an average of seven years before receiving a call to donate. Nevertheless, that is not always the case. According to Cairns, some have received calls shortly after registering while others have never received a call.

Those who registered should get a letter in the mail from OneMatch as about four to six weeks, confirming their registration. After that, all a potential donor can do is wait

Canadians need to donate to stem cell network

BY JANEY HENRY

Bone marrow transplants can cure numerous diseases, but in order to cure, Canadian needs to donate to the cause.

If you have various cancers such as leukemia, lymphoma and multiple myeloma or other diseases such as spleen disease, myelodysplastic syndrome, multiple myeloma, or leukemia, and severe immune deficiency syndrome or have had chemotherapy that destroyed your bone marrow, then a donor may recommend you get a bone marrow transplant.

Bone marrow is the soft, spongy, fatty material found inside bones. It contains numerous cells known as haematopoietic or blood-forming stem cells. Haematopoietic stem cells divide to form more blood-forming stem cells, or they mature into one of three types of blood cells: white blood cells, which fight infection; and blood cells, which carry oxygen; and platelets, which help the blood to clot.

According to www.stemcellpro, there are three ways to get through a bone marrow transplant. The first is the autologous bone marrow transplant. Stem cells are removed from you, before you receive high dose chemotherapy

and stored in a freezer. This is called cryopreservation. After the therapy or treatments are done, your stem cells are put back into your body to add to your normal blood cells. This is referred to as a rescue transplant.

The second kind is called the allogeneic bone marrow transplant. Stem cells are received from another person, who is referred to as a donor. Donors can be found through national bone marrow registries. However, the donor must be at least a partial match to you genetically. Special blood tests are done to determine whether a donor is a good match for you. An immediate family member is most likely going to be the best match.

The last method is the umbilical cord blood transplant. Stem cells are removed from a newborn's umbilical cord shortly after birth. The cells are stored until they are needed for a transplant. The positive part about using newborn stem cells is the cells are so numerous that there is less of a need for matching.

Olga Pankratieva, transplantation specialist for OneMatch, said, "There are around 1,000 Canadians at any given time searching for donors to get

a bone marrow transplant. There is a diversity of people who are in search of donors to receive that transplant, so we need a diversity of people to donate."

She's just one Canadian who appears in other Canadians. OneMatch is a member of the World Marrow Donor Association (WMDA) and is adapted to provide both Canadian transplant centres and international registries with the best possible donor match available. This specific donor is also called an "open donor." Pankratieva said, "She said optimal donors are young males between the ages of 17 and 30 and of all ethnic diversity. The younger stem

cells from male donors are typically after patients a better post-transplant outcome by reducing post-transplant complications."

A monumental strategy defined by a focus on young, diverse male donors will allow the network to change the composition of the donor base so that it better reflects the needs of the patient within Canada and around the world. In 2012, 427 Canadians received stem cells from donors. This is 427 lives saved.

There are about 340,000 Canadian who have volunteered to donate stem cells if needed. However, by joining and agreeing to donate,

the volunteer must realize it is a long-term commitment. Donors can wait an average of seven years before a match is found.

If a match in Canada can not be found, OneMatch has access to more than 30 million volunteer donors in 30 countries. They also have access to more than 900,000 cord blood units from 45 different banks in 30 countries.

Currently, there are 591 Canadians waiting for stem cell matches.

If you want to donate, register online at www.onematch.ca. After you register, OneMatch will send you a second email with instructions and action needs.



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Earth Hour has little impact

BY MARK FREDERICK

Earth Hour has come and gone, and we have even so drastically delayed the end of the world by turning off a few light bulbs. *Right?*

Am we actually making an impact or is this just a way for us to think we have accomplished something? The World Wildlife Fund says thanks we are making a difference.

"They have spent many years promoting Earth Hour and have succeeded it is to our climate." They tell us that we are making a difference, but we aren't because we just left each other our old habits immediately after. It is like telling an obese child he should go on a diet, providing him the eating an apple, and not saying anything when he finishes off in each his five or more chocolate cake five minutes later.

They spend so much time and energy telling us to conserve our power the earth's minuscule amount of time that it is just time. They should be telling us to be more self aware about our energy use just around. The primary message should be to turn off lights in unoccupied rooms. How hard is it to tell people that?

Be self conscious about the energy you waste. Some people like to leave the television on all day just to have some background noise in the house. Others are in relaxing and it helps the planet. You should cherish all the moments of silence you can get while you can, because more you have kids, you can't anything better to turn off their background noise.

According to Global Warming in 2012 British Columbia saved 100,000 kilowatt hours of electricity during Earth Hour, which is equivalent to about 8 million 12.5 watt LED light bulbs. An impressive in the statistic sounds, it isn't all that much. These types of light bulbs are hardly any electricity. By measuring the amount of electricity used using the wattage given them a large number to show off how well Earth Hour works. If you need an overhead light as a refrigerator, which means it has more electricity than an LED light bulb, then the stat would appear much less impressive. It's all about appearing like we are making a difference. Every single one of us is guilty of leaving the lights on or overlooking up the non-occupied during a hot summer's day. Maybe we should take it upon ourselves to see the planet and not wait for that one magical hour that happens once a year. Being proactive and self aware of your energy use year round will have a more significant impact.

The cartoon herein represents the position of the average person, not necessarily the author.



We need to be more energy conscious for more than one hour a year

What does healthy even mean?

Walking down any grocery aisle you are surrounded by labels. Companies are colorful purveyors of evidence to entice buyers, or better that the food is a healthy option. No fat, no preservatives or at least in a good source of vitamins and there are all part of the marketing campaign by larger food companies to boost sales.

But how can something like yogurt have a large caption stating "no fat" when it contains 50 grams of sugar per serving? When sugar is processed by the body it turns into fat, which defeats the purpose of eating something that is "low in fat."

The truth is that if we were to eat a fat free, diet soda, light food etc, we would all be fat.

When anything is removed from food the company feels another step to make it taste good, such as removing fat and increasing sugar, or removing preservatives and increasing salt.

Naturally humans crave food that is high in fat, sugar and salt. Our senses were when feeding those rich foods, would gorge



Heather Kemp
Opinion

on them to prepare for famine. Fortunately most Canadians have not had to experience a famine since our lands are so bountiful. Still we naturally gravitate toward those empty calorie foods.

Classical flavoring is so widely used now that most people can easily produce a food that has the perfect levels of salt, sugar and fat that will make your body crave it and then you to continue eating.

Remember the famous Larry King show, "You're not fat, just empty?" It was literally true. With the taste of an empty your body is tricked into believing that it is starving for that type of food.

I was recently asked by a children's parent how, if advertised that it contained vitamins C, but when it read

the nutrition table it only contained five per cent of the daily intake per serving.

According to the Canadian Food Inspection Agency, the type of advertising is completely legal, if there is at least five per cent of the recommended daily vitamins intake per serving. This is the parent but also mentioned in grams of sugar, a sure way to make your child have an empty stomach in about 30 minutes.

I am sick of labels and food companies getting away with telling me something is healthy when it has enough salt to give me to electrolyte imbalance.

Though I don't want to spend hours reading at a grocery store, I also don't want to have a heart attack, diabetes or become obese from eating food I thought was OK, the way.

If we can remember that the large companies that make most of the processed foods are just trying to make a buck, maybe we can all get a bit wiser about what we eat and what is actually making us ill and tired.

Letters are welcome

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than 500 words. Spoke reserves the right to edit any letter for publication. Email letters to news@conestogacollege.ca with the subject line "Letter to the Editor" or bring them to Room 1238 at the Dean campus.



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More than meets the eye: Drum circles can empower

BY BADA MARLEY

A typical concert experience would call for an impressive stage with a massive floor space to hold a great number of screaming, ecstatic fans, and a dazzling light show to complement the raucous music.

Maneuvering through a crowded living room with a crowd of people sitting cross-legged on the floor isn't exactly the norm. Then again, neither is hosting an evening of diverse music in one's own home.

Kat van Lamsanen and her group were invited to perform at The Branches, an old-fashioned, Victorian house in Upper Waterloo where members of the local art community get together once a month for a night of creativity and expression through different forms of music.

But the dark, intimate setting didn't seem to bother them — when they took to the makeshift stage these ladies lit up the room.

"When we have a really good performance and we feel we connected with the audience, it's the greatest feeling," she said.

Van Lamsanen's group performed amidst a capella singers, folk bands and fusion jazz artists, however, they still stood out as the most culturally diverse music performance.

"The Organic Grooves," as they jokingly called themselves, are an all-purpose drum circle group who play drum songs from around the world.

Normally van Lamsanen would have played the show with her professional performing group, Organic Grooves. However, some of the group members were unable to make it, prompting her to invite her advanced students to perform with her instead.

After teaching drumming for five years, alongside her fellow teacher and class founder Jenny Loretti, the half of their team, van Lamsanen said it was one day students showed off their skills.

"It's something new that we're starting to do now," she said. "This show is funnier because my students are playing, and these guys are good."

"It's a community thing," Loretti said. "It's not just sitting at home and playing my drum by myself. It's



Photo by BADA MARLEY

Organic Grooves founder Kat van Lamsanen poses with her djembe drum at Rhythms. She is a drum circle facilitator and drumming instructor, and also plays in a group of community artists.

about the people, and it's connected me a lot with the community."

Not only is van Lamsanen a performer, but she is also a drum circle facilitator and drumming instructor at her own school, which shares the same name as her group. Her group classes, called World-in-Motion, are a separate venture where beginners and more advanced students can learn proper technique while playing Afro-Cuban, West African and Middle Eastern cultural rhythms.

Van Lamsanen started Organic Grooves 10 years ago after discovering her passion for drumming accidentally.

"I was just walking in a park one day in Rhythms and I could hear a heart-beat-like sound," she said. "It seemed like it was calling to me."

Van Lamsanen said she couldn't resist investigating, and she consequently joined the community drum circle. At that moment she met Genna Harvey-Fletcher, whom she started drumming with, and soon after the two began collaborating their own songs and performing at

a venue in Upper Waterloo. The performing group Organic Grooves was born.

"Genna and I are still in the group," van Lamsanen said. "That was 10 years ago, and we've been doing it ever since, but a lot of other people have come and gone."

Currently, Organic Grooves has five core members, including van Lamsanen, Harvey-Fletcher and Loretti, who joined two and a half years ago.

"There are a lot of people who come down for six months or a year and then they stop or leave," Loretti said, "but for me, it's been a really cool experience."

Loretti joined the group as a way to get out and meet new people after she got divorced.

"I wanted to give a class that was creative," she said. "My dream happened to go to the same music studio as Kat. She told me about Kat's classes and we took the session together."

This went on history. "I met most of the people who played for The Branches on my studio," van Lamsanen said. "I feel funny saying that they're my

students, because really, it's our circle of friends."

Van Lamsanen said quite often people, with the majority being women, join drumming when their life is in some transitional phase.

"My classes are full per se women," she said. "It's for a purpose, and we try to make any one feel really welcome, but I think it's because it's teaching a need. Women

are often a quieter sound, but a lot of times when it comes to drumming and making noise."

Being part of the drum circle has also helped a lot of women with their self-confidence, breaking from the

divisive rules and being part of something separate from their lives.

"It's a way for women to reconnect with themselves and get in touch with your self, while finding a new identity and being someone you've never been before," van Lamsanen said.

Loretti agreed, saying, "We've had people say to us that they feel as though the drumming community is more accepting of them as a person and who they truly are than their church is. There is something about this community that is very inclusive."

Organic Grooves and Rhythms Journey both have participants who range in age from 20 to their mid-60s, as well as a couple who have different interests or physical abilities, cultural backgrounds or sexual orientation.

Van Lamsanen and she tried to create a safe space for people.

"I want people to feel like there's something very open and warm everybody, and they do," she said. "The main thing is the focus on community and music and bring people together, because there's a lot of isolation in society."

"I give me an entirely new group of people and it has an interesting way to connect in a different way," Loretti said.

"Now all of my closest friends and all in some way I would say that community. I would say it's very serene despite."

"It's changed my life."



Gathering for *greener* alternatives

BY KIM MAGALIS

The sixth annual Biomarker educated outdoors on how to live green in their day-to-day lives. From a community CarShare, ethical clothing and jewelry and sustainable wines and apps, more than 30 exhibitors shared their ideas, products and services to promote a greener life in South Bend. The event was held at the South Bend Convention Center on March 31.

"I think people are starting to really figure out that it's not just about the financial, that's important, it's not just about saving money a year like driving a gas car. Every day it really is a day-to-day lifestyle shift that we're having to take on," said Glynn Logan, the executive director of South Bend Environmental Leadership, which hosted the event.

One of the things people can do to help is join a community organization to promote green living. Jason Hammond, president of Grand River CarShare and Humble CarShare, was at the event informing residents of a CarShare program that will be starting

in South Bend in May. It will start with two cars downtown and they will need at least 50 members in a neighborhood in order to place a car there. Community CarShare is already operating in Kalamazoo, Westland, Ann Arbor and Hamlet.

"We have 400 members in all, and about two-thirds of those are in Kalamazoo, Westland," Hammond said. "There are 35 cars in the square fleet. 16x20 and you can use it if you want to take a bike to a train to another city and have a car when you get where you can do that with it."

By sharing cars among the community, it reduces the number of cars on the road, which reduces air pollution. It can also save members the cost of owning a car and they are able to have a car available only when they need it by renting it.

"It can be as low as the amount or up to a year in advance," Hammond said. "So if you walk into a doctor's office and your next appointment is a year from now,

you can go back the car for that date," he said.

Members choose from three different rate plans and are insured in Canada and the U.S. They can also choose from a variety of models to suit their need.

Kathleen Kishel, owner of Green Street Cleaners and Office Cleaning, also had an exhibit at the event. The cleaning company, serving South Bend, Kalamazoo, Westland and Grand Rapids, offers cleaning services in offices or homes and uses non-toxic cleaning products.

"We don't use any chemical products in our cleaning. We actually make a lot of our own products, so we use vinegar, lemon, washing soda and essential oils," Kishel said.

"Chemical cleaning products are very toxic. They've been linked to cancer," she said. "There was a study done that shows women who work in the laundries have a higher rate of cancer because they're enclosed in their homes. So it's a health option, it's a necessity to have nontoxic products I think."

"The products they use are also biodegradable so they don't pollute the environment and are contained in our drinking water."

Biomarker also featured seven free workshops, including sustainable neighborhoods, empowering, transparent behavior and making space in your garden for bees.

Hammond said, "I think we're also, as a community,



PHOTO BY KIM MAGALIS

with Biomarker (Agile), is a member of the South Bend community work shop where people build different projects created by South Bend members of the sixth annual Biomarker in South Bend. South Bend and March 31. Biomarker is a nonprofit organization where members can make or learn hands-on skills for manufacturing, metal working, electronics, prototyping and crafting.

to, starting to realize that we need massive transformation of our cities. We need to really become green, efficient and valuable. And

community extension is a really key part of that. The Biomarker is a really lovely way to extend the reach around community extension."

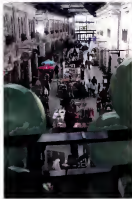


PHOTO BY KIM MAGALIS

More than 30 exhibitors shared their knowledge of green products and services, ethical clothing, sustainable practices and more with passersby.



PHOTO BY KIM MAGALIS

Four-year-old David is looking at a 3D printer using a 3D printer at Biomarker in South Bend.

Strength in speaking out

Student wants to ignite conversation about depression

BY LINDSEY FERRIER

This is the second of a four-part series on the force of mental health.

Like a fire, depression can spread off small and manageable but quickly run out of control, spreading to all areas of your life affecting relationships, jobs, school and hobbies.

Daniel Levine, a second-year student in Concordia's pre-engineering firefighter program, has felt like this.

The 22-year-old, with a pairman for firefighting and volunteer work was diagnosed with severe depression at the age of 18.

Alcohol and self-harm, Levine talks about how in the darkest phase of his depression he was unable to do anything at all.

"I stopped eating, I looked myself in my mirror and shut out the world. I let life pass me by and really deeper into my hole." He felt depression was an insurmountable stone surrounding him.

It wasn't until a friend reached out to him that Levine understood that he needed help.

Arden Haines, manager of Accessibility Services for Students with Disabilities at Concordia College, says they are seeing a dramatic rise in the number of students with mental health issues. She says that 187 students with mental health issues reported with Accessibility Services in 2011/2012 compared to 118 students in 2010/2011.

"These numbers are consistent with most post-secondary institutions in Quebec," Haines says. "It is also important to remember that a great many students experience mental health issues but do not register at all with Accessibility Services."

Barbara Kehler, coordinator of Counselling Services, has also noticed an increase in the number of students asking for help. She says this increase isn't necessarily a bad thing as it could mean students are feeling more comfortable seeking support for mental health issues.

Counselling Services offers free individual counselling to all students. Kehler says they are usually able to meet with a student fairly quickly, often on the same day or the next day.

"The most people have had to wait is a few days at our



busiest times, compared to weeks in the community." She says students dealing with a crisis situation would receive immediate attention.

Health Services can also refer students to Counseling Services and care teams.

"We usually talk and look at it," says Kehler. "A doctor might refer someone to us who could benefit from talking about stress in their life, and mental health disorders can sometimes be misdiagnosed as depression, like thyroid problems or a B12 deficiency."

Aboriginal students can also access Aboriginal Services which offers work with Elders and traditional counselling.

Kehler says some students wait or refuse to get help because they still feel the stigma of talking to someone about mental health issues. She says many students believe they are "weak" if they are not coping.

“I want to try and break the stigma associated with it because I know that talking about it saved my life.”
— Daniel Levine

Levine agrees that many people still view depression as a weakness.

Having Levine describe some of the grueling physical tests he has to go through, such as climbing a flight of stairs while wearing a 50-pound vest, two 10-pound metal weights and carrying a 75-pound girder from his hand to imagine anyone calling him weak.

But he admits he even felt that way himself for a long time. "I still feel like it can be a weakness if I let it control me and tell me what to do," he says. "But it's something that you have to recognize and challenge, not just try to sweep it up."



PHOTO BY LINDSEY FERRIER

Concordia College pre-engineering firefighter student Daniel Levine is speaking out about his depression. He hopes it will encourage others to seek help.

Levine believes that keeping quiet about depression only worsens the stigma. There are reasons to want to share his story with others.

He says the "culture of silence" among firefighters can make it difficult to admit to mental health problems and that it's more common to break personal problems aside and go out for a drink instead.

"I want to try and break the stigma associated with it because I know that talking about it or what saved my life."

He wants people to know that depression and other mental health disorders are illnesses and weaknesses, and people shouldn't be ashamed to seek help. He hopes that by talking about his experience with depression, he can help raise awareness and reduce the stigma surrounding it.

He encourages others who might be depressed to reach out to someone they trust.

"Find someone who you trust with every corner of your being and talk to them about it, and just let it all out — whether it's a scream, yell, fight, whatever it is, let them hear it because if they are a good friend or someone you trust they should be there the next morning for you."

Levine sought counselling and, although finding the

right person to talk to about his depression was a challenge, he has now found a counsellor whom he describes as "fantastic" — as well as receiving help from friends and family.

He says having a good support system is crucial. "Everything Without it I wouldn't be able to get out of bed in the morning."

"Through all the toughest times, my best friend was always there for me. He was the first person to kind of break through the me," Levine says. He's tried to take that support and use it as inspiration to be a positive influence for others.

"I want to be a positive influence for my friends who grew up kind of like I did, to me, on every day I try to be a

better person so they can look at me and be better people themselves."

"I have my rain cloud, who's my go-to, who I call my positive influence, him and try to be like him. Because he is the best man in the world and if you ever fall like me that he is there it'll be enough for me. Then I have my rocks who snap me from falling back to where I was — which is my best friend and my mom. Without them I would want to do anything."

Levine is doing better now. He says he is grateful to wake up in the morning feeling pretty much happy to be alive.

"At the moment I like to think that I've beaten it. I can feel that it's still there but it doesn't control my life anymore."

MENTAL DEPRESSION

- Depression affects 260,000 men every year in Canada
- 2,600 Canadian men commit suicide each year
- Fear of the stigmatization among young people in Canada are exacerbated by men, despite men's lower reported rates of depression
- Depression is a serious, yet treatable mental health disorder that can affect any man
- Symptoms of depression include lack of energy, difficulty sleeping or sleeping more than usual, some people feel ideas are intrusive and find it difficult to concentrate
- The good news is, just like a physical illness, depression is treatable and many effective treatment options are available

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PHOTO BY WENDY SAWYER

Volunteers from the Cambridge Self-Help Food Bank hope to collect more than 70,000 pounds of food this Easter season. The Easter food drive runs until April 18.

Cambridge food bank hopes to surpass its record

BY WENDY SAWYER

The Cambridge Self-Help Food Bank kicked off its 28th annual Easter food drive on March 11, hoping to collect 70,000 pounds of food this season.

"So far, we've distributed about 164,000 pounds of food this year, and we hope to raise enough to keep going until Thanksgiving," said Pui Singhara, executive director of the food bank. "From there, we're going to see where we're at and that will determine our next goal."

Within the course of a year, the food bank receives about 600,000 pounds of food. They don't determine their goals on a yearly basis, but instead look at how much food they've collected throughout a season (like Easter and Thanksgiving), and determine their next goal based on how much was donated in a season.

The highest amount of donations the food bank has ever received in a year from one organization was

10,000 pounds, donated by Holyoke and Weymouth by the Cambridge Community Church, which donates between 5,000 and 8,000 pounds a year.

Donated food items are distributed to 15,000 Cambridge families every month and 25 community organizations, including soup kitchens and homeless shelters.

Food items mostly consist of canned and dry-pack soups, cereal and dried pasta, apples, bananas, oranges, canned vegetables, ground beef and baby food.

Singhara and one of the food bank's biggest challenges is not having as many people donating as much as they need to.

"Because the economy is hard on so many people these days, they often have a hard time donating food because of layoffs and shortened hours," said Singhara. "It's hard to get under these circumstances, because some people think they need the food bank themselves."

The Cambridge Self-Help Food Bank does more than provide food. It offers career and housing services so that help people recover from crisis. Programs offered within the facility include the provision of emergency food assistance, the food co-operative program, adult, youth, adult and seniors programs and employment readiness programs.

"We want to make sure everyone gets a good healthy meal every single day," said JT Tawfikian, warehouse coordinator of the food bank. "We think we're reaching that goal more and more every season."

The food bank distributes more than 800,000 pounds of food and grocery products every year, with more than 10,000 children being fed annually through each of its programs.

The Easter food drive runs until April 18 for more information about the Cambridge Self-Help Food Bank, call 617-623-6258, or go to www.cambridgefoodbank.org.

GRAMMAR DOESN'T HAVE TO BE BORING



PHOTO BY KAREN PEDERSEN

Lyni Shewman, co-ordinator of the Writing Service, was all promoting Grammar Day on March 26 to encourage students. Grammar Day was a chance for students to see how grammar can be fun by participating in writing activities.



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Fooling around on April 1

BY JANALYN MERRILL

The exact origins of April Fool's Day is unknown, although popular theory is that the practice began in the late 1400s. It was at that time that the country of France changed from the Julian Calendar to the Gregorian Calendar, the change meant the start of a new year was moved from the beginning of April to the beginning of January. It took a few years for this change to catch on, however, and those who kept about the change and celebrated the new year at the beginning of April were referred to as "April fools."

Thus eventually led to people playing tricks and pranks on the "April fools" and thus evolved into the April Fool's Day we know today.

April Fools is celebrated differently in different parts of the world. According to the Encyclopedia Britannica, Scotland celebrates Galloway Day on April 1. Galloway is a Scottish word meaning cuckoo or fool. On this day "kook me" signs are passed to friends' backs. In France and some parts of French-speaking Canada, it is common to find

children tying paper fish to each other's back and then shouting "poisson d'avril," (April fish). In Denmark and Sweden they celebrate "joke day" twice, both on April 1 and again on May 1.

April Fool's pranks are generally simple and quick to execute. Some possible pranks include placing plastic wrap over the toilet bowl, under nearly the seat, hanging anyone who uses the toilet to have a lap even so their legs. Another easy prank involves spraying a clear liquid and then placing a nap full of napkins on the top edge of the door. When someone opens it, the contents will fall all over them.

Some pranks start out simple but get taken to extremes. A common but extreme office prank is to cover an entire desk or office in Post-it notes. Alternatively, inflating holiday wrapping paper could be used to wrap each individual item on a co-worker's desk. Office pranks can be taken even further by setting desk items such as copiers made of Jell-O or even planting sprouts inside of a keyboard.

Graham Parker is a Guelph resident and self-proclaimed pranking expert.

"I've pulled lots of April Fool's day pranks in my day, but my favorite prank ever happened when I was in elementary school. A few friends and I brought some food coloring to school and while this one girl wasn't looking we turned her milk green. She screamed like crazy. It was so funny," Parker said.

Ally Moffat, a Guelph's first-year early childhood education student, also has lots of experience both being the victim and the perpetrator of April Fool's jokes.

"When I was little my sister would lay under my bed while I was putting my shoes on. She would wait five minutes then peek my feet and scare me super bad."

Moffat mentions of the pranks she used to play involved a penny and a pencil.

"You take a penny and roll it down the crease of your foot on the edge. This makes a penny and roller in pencil along the edge, then hand it to a friend and let them they can't run, the penny down their own foot, when they do, they will have a pencil line running down their foot," Moffat said.



Some computer office items that can end up trapped inside of a J.O.D include a computer mouse or a chair.

Career and Employment Resources

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I hate that I procrastinate

Most graduates begin to drop certain habits after finishing their college and/or university careers. Wild partying, party eating habits and those rare couple of pranks are among the most popular. However, procrastination is the one that, if I could choose just one thing to rid myself of after graduating in April, is my favorite relationship with procrastination.

If there's one thing I've always meant to better in my career, my task needs to be done. It's my old friend procrastination, my old friend procrastination, my old friend procrastination. In many ways, I love putting off deadlines. I love that the brilliant ideas usually come to me when I'm under pressure. I love taking that time to do more enjoyable things such as watching old reruns of Friends, studying people from my high school on Facebook and reading the latest gossip on TMZ.

What I have noticed though, is that the things I've done while I'm not doing what I'm supposed to are completely



Jessica Lambler
Opinion

mindless and unimportant. For some reason, I never see the needed time to do my other important tasks. This brings me to the last part of the relationship.

After feeling a deadline close, my panic mode. I'll use any excuse available and even willing to blame my project and naming myself the procrastinator yet again.

"Why do you do this to yourself?" I ask. "Next time it will be different. This is the last time!" But it never is. These people claim that they need the pressure of a deadline to be able to do their best work, and maybe that's true. But it is really worth all of the anxiety that comes along with it?

Procrastination is like that

last slice of pizza sitting in the grease soaked box. It's available and acceptable and we know how good it is to eat it and how delicious it tastes. But we can't eat it because we are afraid to eat it. We know it will be able to taste for a few hours if we need it down. We regret it and definitely suffer the consequences of feeling nervous for a while. We know it would be a great decision not to finish it until later.

But we always say no. It's the same routine with procrastination. When there's an assignment, task or project deadline looming on the horizon, we carefully calculate precisely how much time we have to get it off. We know it's a bad idea, but we also know how good it feels to complete in our bathroom partitions.

We need to figure out a way to combat our procrastination because, really, what has it ever done for us?

We'll talk about that tomorrow.

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